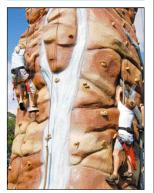
LIFESTYLES

Vol. 16, No. 8 Friday, Feb. 27, 2009

Inside



■ It's fun for the entire family as 15th Services thanks its loyal patrons during today's big Mahalo Fest!

Education

Deadline for Hickam Officers' Spouses Club Thrift Shop Scholarships

The deadline is this Sunday, March 1 for the HOSC Thrift Shop Scholarship Program, which offers scholarships for graduating high school seniors, and spouses who are DoD dependents. Active duty, retired, reserve and Air National Guard stationed here in Hawaii are eligible to apply. Pick up your application packet at the NCO Club, Officers' Club, Education Office, Family Support or Hickam Library. For more information or to have a packet e-mailed to you, please contact Jennifer Waite at 422-5045.

Spouse Tuition Assistance Program (STAP) — Spouses of active duty Air Force members may be eligible for STAP funds to go to college. Applications will be accepted until March 11 for classes with a term start date of Apr/May/Jun 2009. Applications available in Hangar 2, Rm. 103 or online

www2.hickam.af.mil/units/15 mssaafrf/index.asp under Air Force Aid Society. Any questions, contact the Force Development Flight at 15mss.dpe@hickam.af.mil.

AF Tuition Assistance

(TA) - You can request TA within 45 days of your course start date via the Air Force Virtual Education Center in the AF Portal. A degree plan must be on file (an official degree plan after 12 credits completed) before TA will be approved. Contact the Force Development Flight at 15mss.dpe@hickam.af.mil or stop by Hangar 2, Rm. 103.

Discover College

Information - There is a great Web site tool to assist with identifying careers and education to help you with your college decisions. This is a free resource to valid ID cardholders (military and family members). Stop by the Force Development Flight in Hangar 2, Rm. 103 Monday-Friday from 0830-1530 for more information.

09E6/7 WAPS testing -

The cycle runs until March 31. WAPS testing is scheduled for 0730 and 1330 in Hangar 2, Rm. 278, Note these are test start times not show times. Doors open at 0715 and 1315. All examinees must be in military uniform of the day and have their valid military ID cards in their possession to be tested. POC is Mr. Myers at 449-6363 ext. 252 or david.myers@hickam.af.mil.



By Chris Aguinaldo Hickam Kukini editor

Team Hickam proudly announces SSgt Steven Drew, 15 AW/HC Chaplain

Assistant, as its Warrior of the Week. The Vero native says he joined the Air Force to " defend my coun-

try." In his 8-year career, with the last year and half at Hickam, he's not only found a career but also much more. "The AF assigned me to derful woman who actually

Ramstein where I met a wonmarried me, gave me four beautiful rugrats, and made me a better person," he shared. "So between taking on the family life and having the AF drill safety, security, and professionalism into my head I have matured much more than I would've without them.'

Indeed, it's that balance between personal and professional life that he appreciates "even during wartime."

And he should know, as he's responsible for helping the chapel personnel get ready to deploy, said Wing Chaplain Lt Col Stephen A.

"SSgt Drew is a wonderful





SSgt Steven Drew, 15 AW/HC Chaplain Assistant, is known for doing things right the first time, said his commander.

ensures that is it immediately

example of a professional expert. He is our go to person for all our readiness requirements," Lt Col Voyt shared. "He makes sure that all of our personnel are ready

"He also our resource manager. As such, he makes sure that all of the contracts the chapel has stay in line. All I have to do is ask for something once, and he

done correctly the first time," Lt Col Voyt continued.

Doing things right is something SSgt Drew believes in, whether at work or at home — like being responsible about utilities.

Pet peeves include people who "leave lights on and set thermostats below 70 degrees yet leave windows open and seeing "grass watered during hot hours of the day instead of early morning."

"At the end of the year the ing has to pay the bill" for wasteful behavior, he laments.

He's also an advocate for responsible parenting, even if that means hard choices. "I would allow either active duty members of a dual military marriage the option to separate for child birth. Female airmen have the option to separate when pregnant but men can't become full time dads.

"Why is it assumed that women make better caregivers? Not every woman wants to give up her career and not every man ... wants some stranger raising his

"Obviously it would hurt the AF if both separated at the same time, so as long as one of the members remains on active duty, what difference does it make which one?"

Down the road, he hopes to become a 2LT after completing ROTC.



Mahalo Fest today!

Don't miss 15th Services' great "Mahalo Fest" today at the Freedom Tower Mall. You'll enjoy a full scale Concert/Carnival event complete with entertainment, live bands, game booths, kiddie carnival rides, rock climbing and bouncy houses, from 3 to 8 p.m. and the best part is that it's free! There will also be food booths, free malasadas and a beer garden so come out and enjoy the entire evening. Among the many door prizes to be given away is the Grand Prize of a Trip for Two to Las Vegas. You must be present to win. Mahalo Fest is sponsored in part by DECA, Roberts Hawaii, USAA, VA Loans Hawaii, Mary Kay, Big City Diner, Geico, Germaine's Luau, University of Phoenix, Sea Life Park, Tony Group, Miller Lite, Menehune Water and Silpada Jewelry (No Federal endorsement of sponsors intended).

Laugh tonight at E'Club

Armed Forces Entertainment presents a comedy show called "Base Humor" tonight at 9 p.m. at the Hickam Enlisted Club. Headline comics include Wiley Roberts, Laura Park and Dan Moore. Doors open at 8 p.m. and admission is free. Call the E'Club at 448-2271 for more information.

Taste Mongolian BBQ

The Hickam Officers' Club hosts its popular Mongolian BBQ today for lunch! Stop by for an earlier version of the same great Mongolian you get on Thursday nights at a great lunchtime price. MBBQ is served from 11 a.m. to 1 p.m. Call the Club at 448-4608 for more information.

Hold'em or Fold'em

The monthly Texas Hold'em and Bunko Tournaments are on tap tonight at the Enlisted Club. Check-in is at 5:45 p.m. with the games starting at 6 p.m. This is a preliminary round for the PACAF Texas Hold'em Championship Tournament which will be held March 25-29. This event is open to all ranks and is for members only. For more information, call the E'Club at 448-2271.

Thar she blows!

Hickam Information, Tickets & Travel has scheduled an exciting seafaring adventure to see the whales on Saturday, March 7. Due to popular demand this tour was added and will fill up fast. See the majestic whales in their natural habitat off the coast of Ko'olina Bay. The bus departs the ITT office at 11:15 a.m. and returns approximately at 3 p.m. The cost is \$35 for adults and \$30 for children 5-11 years old. Children under 5 years are not permitted. Bring a towel. Call 448-2295.

Hike the ridge

Looking for a challenging hike with a spectacular ending? Check out the Mariner's Ridge Hike presented by Hickam Outdoor Recreation on Sunday. March 1. Guide Teddy Fabella will treat you to a fascinating adventure to the top of the ancient volcano for a view that is not to be missed! The cost is \$35 per person and includes two guides and transportation. Wear comfortable walking shoes for this intermediate level hike. Bring snacks, water and a camera too. Call ODR at 449-5215 to reserve your spot.

Registration beginning for youth sports

Four great sports clinics are planned by the Hickam Youth Sports & Fitness Center for March with registration beginning on Sunday, March 1. The Center will conduct the Kinder Gym Clinic and Tumbling Clinic on Monday, March 30 and the Kinder Open Gym and Cheer Clinics on Tuesday, March 31. Clinics are designed for youth ages 18 months to 17 years. Sign ups can be made at the front desk. Call 448-2287.

Enter writing contest

The Hickam Library Annual Creative Writing Contest is for all ages. Participants may enter either or both the short story or poetry categories. Short Story entries should be double spaced with a 10-12 page limit. The Library will be accepting sub-



missions between March 2 and April 4. Awards will be presented on Saturday, April 18 at 1 p.m. Refreshments will be provided by the Friends of Hickam Library. Call 449-8296.

Grab a partner and golf

Mamala Bay Golf Course hosts its Mixed Couples Golf Tournament this Sunday in an 18-hole scramble format. The event is limited to the first 16 2-person teams that sign up so call today to reserve your place. Entry fee is just \$20 per team plus green fees. Don't miss this fun competition. Call 449-2305 for details.

Bowl after school

March is for afternoon fun at the Hickam Bowling Center. All youth ages 5-18 are invited to bowl after school Monday-Friday from noon to 6 p.m. Cost is just \$1.50 per game. The promotion runs the entire month of March.

Lava Rock rocks

The band Lava Rock entertains at the Pau Hana Party at J.R. Rockers in the Hickam Enlisted Club on Friday, March 6. Pau Hana starts at 4 p.m. and features half price J.R. Rockers' pupus. Club members enjoy a private buffet and Lava Rock takes the stage from 6-9 p.m.

Get ready to rumble

Ultimate Fight
Championship 96 takes place
on Saturday, March 7 at J.R.
Rockers in the Hickam Enlisted
Club. Doors open at 4 p.m.
with the fight commencing at 5.
Taking to the ring are Keith
Jardine and Quinton Jackson.
This is a free pay-per-view
event for Club members. Nonmembers pay \$10. Call 4482271, ext. 221 for information.



Friday, February 27, 2009 **B3** Hickam Kukini

39. Disrobed

40. Pet

41. Copies 42. Bullring cheer

47. Foreigner

48. Sweet potato

51. ___ and dreams

61. Retirement acct.

56. Even score

57. Lament 58. Mining goal

59. Mistake

60. Damage

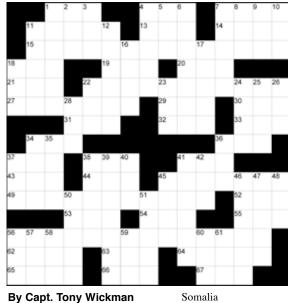
45. Dutch settler in Africa

_ Pact; NATO

opponent at one time

50. History or ship preced-

Crossword Puzzle: What a Relief



By Capt. Tony Wickman 71st Flying Training Wing Public Affairs

ACROSS

- 1. Accord or Escort
- 4. Guitar player need
- 7. Crazes
- 11. Wise ones
- 13. North American fish; needlefish
- 14. Date to beware for Caesar
- 15. 1991 humanitarian relief mission in Iraq
- 18. Operation ___ Angel; 1991 humanitarian relief operation in Bangladesh
- 19. Jog
- Shorty
- 21. Galoot
- 22. 1992 humanitarian relief mission in

54. Army equivalent to OPR 55. Edge

- 56. 1992 humanitarian relief operation in Yugoslavia
- 62. Radiance
- 63. Before, poetically
- 64. Kitchen wrap
- 65. Fishing item 66. ER attendants
- 67. Inexperienced

DOWN

- 1. Decanter
- 2. A long time _
- 3. Gun the motor
- 4. Government representa-
- 5. Actor Bernie _
- 6. Schedule

__Arms;" com-

mand to salute

31. Asner and Norton

32. U.K. equivalent to

33. Confederate general

36. Internet provider

41. Director Howard

43. Knee ligament, in

45. Nickname for D.C.

49. 1999 humanitarian

relief operation in

short; common sports

29. Horse food

30. Embroider

U.S.S.

34. Dramatize

37. Gun lobby

38. Compute

injury

44. Zodiac sign

Kosovo

52. Pie __ mode

53. ___ Ghraib

- 7. The ___ Element
- 8. Stir
- 9. German article
- 10. Concorde, in short
- 11. Skewer
- 12. Sea nymphs
- 16. Cloud of fine, dry particles
- 17. Coincides
- 18. Drench in a liquid
- 22. Ssea between Africa and Arabian Peninsula
- 23. Cry of satisfaction
- 24. Norwegian capital
- 25. ____ off; doff 26. Ram's mate
- 28. Place
- 34. St. Louis landmark
- 35. Columbian city
- 36. Picnic pest
- 37. USN equivalent to AFB
- 38. Excuse

SUDOKU

For solution, see SUDOKU, B4

	1				7			3
							7	5
	3	7		4		2		
			7		4	5	3	
	7			8			1	
	6	4	1		2			
		6		2		1	8	
2	4							
1			6				2	

See SOLUTIONS, B4

Team Hickam History The Air Force's most historic airfield

February 27, 1947 — The longest nonstop un-refueled flight was done by a fighter aircraft (Hickam Field to La Guardia Field,

New York). Lt. Col. Robert Thacker (pilot) and Lt. John M. Ard (copilot) set the record for the longest nonstop flight by a propeller-driven fighter aircraft when they fly "Betty Jo," a modified (no guns or armor) P-82B Twin Mustang some 5,051 miles from Hickam Field to

LaGuardia Airport in New York City, in 14 hours and 33 minutes. The crew started with 2,215 gallons of fuel and landed with only 60 gallons left.

February 27, 1975 — Dillingham AFB is transferred from Hickam's real property account to the Department of the Army.

March 1, 1982 — The Hickam Post

Building 2097 near the commissary and

Office moves from Building 1127 to

main exchange. This was part of a master plan to consolidate community services in one area.

> **March 1, 1999** — Detachment 1, 15 ABW, activates at Johnston

March 4, 2005 — The 13th Air Force transfers responsibility for Wake Island to the 15th Airlift Wing. Capt Steve Rose, who had been the Detachment 2 commander at Wake under 13 AF, continued as commander under 15AW.

March 5, 1956 — A cargo-laden C-124 Globemaster makes a belly landing at Hickam when the pilot apparently forgot to lower his landing gear. "Preliminary investigation indicates the possibility that a crew error may have entered into the accident," an Air Force spokesman said. All 11 crewmen aboard the plane escaped injury.

RELIGIOUS OPPORTUNITIES

For more information on Base Chapel services, call the Chapel Center at 449-1754. After hours emergency Duty Chaplain via Command Post: 448-6900.

CATHOLIC

Nelles Chapel Weekday Mass Mon.-Thu., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Vigil Mass 5 p.m. Chapel Center

Sunday Mass 10:30 a.m.

PROTESTANT Chapel Center Sunday Contemporary Service

8:30 a.m. Nelles Chapel Traditional/Liturgical Service 8:30 a.m. Gospel Service 10:30 a.m.

OTHER RELIGIOUS **OPPORTUNITIES**

Buddhist, call 536-7044 Jewish, call 473-3970 Mormon, call 488-2434 Muslim, call 947-0050

RELIGIOUS **EDUCATION**

(Catholic) Chapel Center Sunday (Sep-May) 9:00 a.m.

(Protestant) Chapel Center Sunday (Sep-May) AWANA 3:00 p.m.

Wednesday Sunday School Dinner 4:45 p.m. Wednesday Sunday School Classes 6:00 p.m

THE GATHERING PLACE

Airmen's Dorm Coffeehouse

King Hall First Floor Dayroom - Bldg. 1856 - All Airmen welcome! Mon.-Thu. 6-10 p.m. Fri.-Sat. 6-11 p.m. Free gourmet espresso, cappuccinos, Italian sodas Video games, internet, movies and more To Volunteer, call the

Hickam Chapel Center at

449-1754

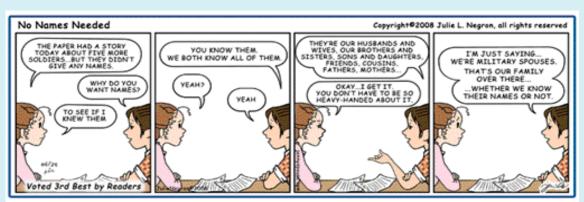
SOLUTIONS, From B3 -



SUDOKU, From B3

6	1	5	2	9	7	8	4	3
4	2	8	3	1	6	9	7	5
9	3	7	5	4	8	2	6	1
8	9	1	7	6	4	5	3	2
3	7	2	9	8	5	6	1	4
5	6	4	1	3	2	7	9	8
7	5	6	4	2	3	1	8	9
2	4	9	8	7	1	3	5	6
1	8	3	6	5	9	4	2	7

Best of Jenny



AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Friday, 6 p.m.; Saturday, 7 p.m.; Wednesday, 7p.m.

'Marley and Me' -Marley is a yellow lab adopted by John and his wife Jenny.

Their idea was to give them a taste of parenthood, but the dog proved to be a hyperactive handful.

He wreaks havoc. gets kicked out of obedience school, yet Marley quickly becomes a rollicking force of

nature in their lives. Starring Owen Wilson and Jennifer

Rated PG for thematic material, suggestive content and language. Length: 115 min.

'My Bloody Valentine' — Tom caused an accident in the tunnels that killed five coal miners and sent, Harry into a coma. A year later, on Valentine's Day, Harry woke up-and brutally murdered twenty-two

people before being killed. Ten years later, Tom returns to the town.

Starring Jensen Ackles and Jaime King.

Rated R for graphic and brutal horror/violence, graphic and grisly images, graphic and strong sexuality, graphic nudity and strong language. Length: 101 min.

Sunday, 4 p.m.

'Grand Torino' -Retired auto worker Walt, an iron-willed veteran, is forced by his immigrant neighbors to confront his own long-held prejudices. Resentful of virtually everything and everyone he sees. Walt

is just waiting out the rest of his life ... until the night his teenage Hmong neighbor Thao tries to steal his prized '72 Gran Torino,

Starring Clint Eastwood and Christopher

Rated R for language and violence. Length: 122 min.

Wednesday, 7 p.m.

'Frost/Nixon' — For three years after being forced from office Nixon remained silent. But in summer 1977, Nixon agreed to sit for one all-inclusive interview with David Frost to confront the questions of his time in office and the



Watergate scandal that ended his presidency. As cameras rolled, a charged battle of wits

Starring Frank Langella and Michael

Rated R for language. Length: 122 min.

Friday, 8:30 p.m.

HEALTH AND WELLNESS

Get ready for first dentist visit

By SrA Christopher Martin

Dental Technician, 15th Aeromedical-Dental Squadron

With all the fear and anxiety children might experience leading up to their first dentist encounter, it's no surprise that parents might be a little anxious about their child's first dental visit as well. But kudos to you for taking the first step in ensuring your child has healthy oral hygiene and the base carry on through their adult lives.

A helpful tip for parents to follow is the "rules of the ones." Children should see the dentist by the time they get their first tooth or reach their first birthday, and then continue with regular dental visits every six months —

just like their parents! Most kids do not have their first dentist visit until the age of three so if you follow the above stated rule you'll be well ahead of the game.

Properly preparing children for the dentist will help guarantee a successful visit. When talking to your child about his or her first dental visit, be careful how you phrase your discussion.

Avoid using negative

words that might create unnecessary dental anxiety, such as hurt, needles or drill. Instead, speak in general terms and remain positive — after all, visiting the dentist keeps you feeling great, so why wouldn't you want to go? It's also important to lead by example — when children see you visiting the dentist every six months; they'll be more likely to follow your lead.

At the dental office, you'll be asked for your child's medical history. Be sure to tell your dentist about any allergies your children have or medications they're taking. Some dentists may ask the parents to come into the operatory with the child, while others request that parents stay in the waiting room. If you have a strong preference, you should ask the dental office about their policies when making the appointment.

During the appointment, the doctor will perform an exam. What is the dentist looking for? Not only do dentists check for any signs of tooth decay, but they'll also check your child's bite, gums and other parts of the mouth to make sure everything is healthy and in order. If necessary, a dental cleaning or fluoride treatment

may be performed. The first dental visit is a great time to ask questions and make sure you're on the right path with your child's oral hygiene routine. Before you know it, the appointment will be over, and your child will leave the office with a super smile!

Congratulations — by making that first dental appointment, you're putting your child on the right track to dental health. With the right preparation and a friendly dental office, your child will have a positive first dental experience — and many more for years to come!

February is National Children's Dental Health Month.



Kudos to the assistants

Dental assistant Tina Maciejewski, right, dutifully attends to Capt (Dr.) Paula Hoang as they take care of an Airman at the Hickam Dental Clinic. March 1-7 has been designated as National Dental Assistant Recognition Week (DARW). Jointly recognized by the American Dental Assistants Association, the American Dental Assistants Association and the Canadian Dental Association, DARW is a week to honor dental assistants for their valuable contributions to the dental profession.

Photo by Chris Aguinaldo



Exercise: Weight Assisted Pull-up Muscle Group: Upper back and Biceps



Grasp bar with a wide overhand grip. Kneel onto the assistance platform and pull body up until the elbows are bent at 90 degrees or upper arms parallel to the ground. Lower body until arms and shoulders are fully extended.

Repeat.



Model: A1C Thomas Pasos

Photos and Instructions: A1C Katrina Plank, Asst Fitness Coordinator and Certified Personal Trainer.